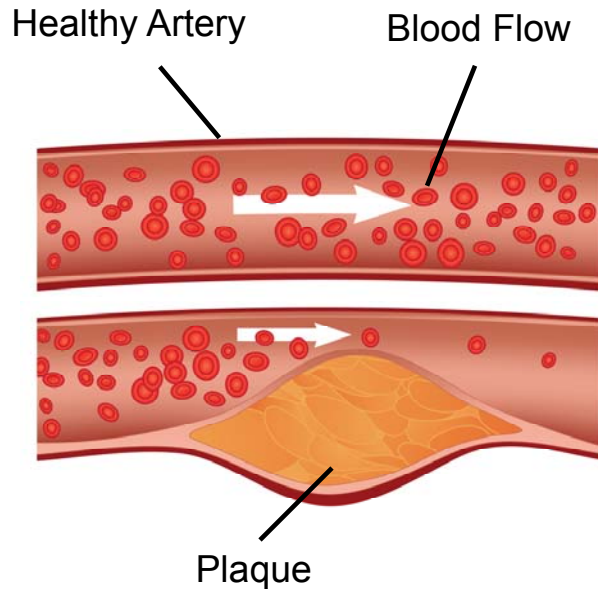


Cholesterol

LDL Cholesterol & Triglycerides are “bad” fats. High levels can cause heart attack, stroke, kidney disease, and liver disease.



Why?

“Bad” fats can block your arteries, which makes it hard for blood to get through.

Cholesterol Goals

LDL Cholesterol ↓	below 100 mg/dl below 70 mg/dl if previous heart disease
HDL Cholesterol ↑	above 50 mg/dl for women above 40 mg/dl for men
Triglycerides ↓	below 150 mg/dl

HDL Cholesterol is “good” cholesterol. It keeps your arteries healthy.

You can control your cholesterol!



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- **Exercise**

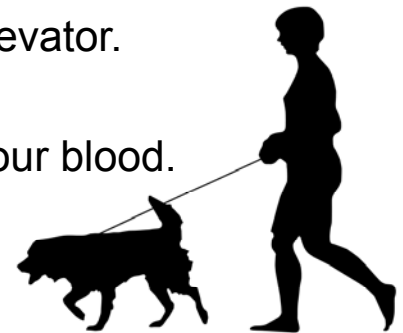
Try taking a walk or using the stairs instead of the elevator.

- **Stop Smoking**






Smoking decreases the HDL “good” cholesterol in your blood.

- **Medications**

Follow your doctor’s instructions on how and when to take them.



- **Food**

Choose...	Such As...	Instead of...
High Fiber Foods 	Brown rice Whole grain bread Whole grain cereal Oatmeal Fruits and vegetables	White rice White bread Fruit juice & smoothies Dessert (cake, pies, ice cream, cookies)
Fish 	Oily fish (salmon, tuna, cod, trout)	Red meat (steak, beef, pork)
Plant oils 	Olive oil Canola oil Soybean oil Corn oil Unsalted nuts Avocado	Butter Margarine Vegetable shortening Hydrogenated vegetable oil
Lower-fat options 	Steamed or baked foods (baked potato or meat) Skinless chicken or turkey breast Egg substitute or whites	Deep-fried foods (french fries, fried chicken) Animal skin (on chicken, turkey) Egg yolk
Low-fat dairy 	1% or skim milk Reduced fat cheese Low fat or fat-free yogurt	Whole or 2% milk Full fat cheese Cream